

シニア 2022 1月 3月

03/01	04/01	05/01	06/01	07/01	08/01	09/01
90' B1	100' B1	2x30' B2 ergo	90' B1	110' B1	2x30' B2	off
C1	C1		C1	C1		

10/01	11/01	12/01	13/01	14/01	15/01	16/01
2x30' B2		90' B1	120' B1	2x30' B2	90' B1	60' B1 + 6x30s (2'down)
60' B1 free	C1	C1		C1	C1	

17/01	18/01	19/01	20/01	21/01	22/01	23/01
120' B1	2x30' B2	90' B1	60' B1 + 8x30s (2'down)	2x30' B2	90' B1	B5 1x1000m
	C1	C1		C1	C1	

24/01	B5 1x500m	26/01	27/01	28/01	29/01	30/01
60' B6 (6x10)	B5 1x500m	5k TT Arakawa	60' B1	C1 max tests	90' B1	C2 x2
	free					

31/01	01/02	02/02	03/02	04/02	05/02	06/02
off	2x30' B2 ergo	B1 free	C2 x3	B1 free		

07/02	08/02	09/02	10/02	11/02	12/02	13/02
	90' B1	C2 x3	2x 30' B2 ergo	120' B1	C2 x3(+1)	90' B1
60' B1	60' B1 free	70' B1		60' B1 free	70' B1	

14/02	15/02	16/02	17/02	18/02	19/02	20/02
90' B1	C2 x3(+1)	2x30' B2 ergo	120' B1	C2 x3	90' B1	60' B1
60' B1 free	70' B1		60' B1 free	70' B1		

21/02	22/02	23/02	24/02	25/02	26/02	27/02
60' B4	60' B6 (6x10)	B5 2x500m	60' B1	B5 1x500m	2k ergo	5k ergo

28/02	01/03	02/03	03/03	04/03	05/03	06/03
B1 free			C2 x3	B1 free		C2 x3

07/03	08/03	09/03	10/03	11/03	12/03	13/03
70' B1	60' B3 (3x2km)	60' B6 (6x10)	60' B4 2k	60' B6 (6x10)	B5 2x500m	60' B1
	B1 free		B1 free		B1 free	

14/03	15/03	16/03	17/03	18/03	19/03	20/03
B5 1x500m	2k TT	70' B1	90' B1	2x30' B2	70' B1	90' B1
free	2k TT			B1 free	60' B1 + 8x30s (2'down)	

21/03	22/03	23/03	24/03	25/03	26/03	27/03
60' B3 (3x2km)	70' B6 (8x10)	2x30' B2	70' B1	60' B3 (2x2km)	60' B1	60' B4 2k
B1 free		B1 free		B1 free		B1 free

28/03	29/03	30/03	31/03	01/04	02/04	03/04
60' B6 (6x10)	B5 2x500m	60' B1	B5 1x500m	SBS		
	B1 free		free			

04/04	05/04	06/04	07/04	08/04	09/04	10/04
SBS		B1 free	Seat Races			off